



# BRAINIAC SNACKS

and power foods for productive study sessions

## avocado

Though avocados have fat, it's the good for you, monounsaturated fat that contributes to healthy blood flow.



## oatmeal

The primary fuel for your brain is glucose, which comes from carbohydrates such as oats. Since your body breaks down the carbs in whole grain oats very slowly, oatmeal keeps you sharp for several hours.

## nuts

Many types of nuts such as almonds, pistachios, and walnuts contain high levels of essential fatty acids that help your brain to perform optimally.



## wild salmon

Salmon is rich in omega-3 essential fatty acids which are critical for brain function. Omega-3s are also anti-inflammatory.

**TIP:** There are so many great recipes for overnight oats online. You'll have a satisfying breakfast in the morning and still get out the door quickly.



**TIP:** Try hard-boiling 6 eggs before a busy week ahead. A boiled egg is a great grab and go snack option paired with a piece of fruit!

CRAVING THIS?	TRY THIS!
POTATO CHIPS	Popcorn, trail mix
CANDY BAR	Chocolate-covered almonds
SODA	Plain or flavored sparkling water
PIZZA	Veggies/pita and hummus
COOKIES	Apples and peanut butter

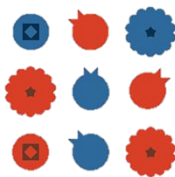
**TIP:** Try adding half an avocado to your usual sandwich or salad to increase its healthy impact and add creamy flavor.



**TIP:** Smoked salmon makes a great pre-study snack with crackers and cream cheese.

## berries

Compounds in blueberries known as flavonoids may improve memory, learning and general cognitive function – and could slow age-related decline in mental function.

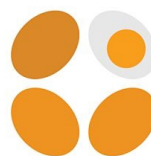


## dark chocolate

A study found that consumption of a cocoa drink rich in flavanols (a key ingredient in dark chocolate) boosts blood flow to key areas of the brain for 2-3 hours.

## freshly brewed tea

Natural ingredients such as the amino acid L-theanine found in a cup of tea can improve brain power and increase alertness. Choose caffeine-free herbal teas so you can still get a good night's rest.



## eggs

Eggs are an ideal protein source as well as rich in healthy fats, choline, and antioxidants – perfect to keep you satiated and sharp for marathon study sessions or for the day of the exam.